Lee Sheung Yu

St. Catharine's School for Girls (S5)
Medical Club (Committee Member)

During my tenure as a committee member of the Medical Club, I had the privilege of participating in various joint-school events, such as the 'HKSKH Education Expo' and the 'CUHK Interview.' By utilizing AR technology, we allowed participants to immerse themselves in the visual world of patients suffering from various eye diseases. Witnessing the gasps of surprise and the emotional reactions of the participants resonated deeply with me. I realized that we were promoting more than just eye care knowledge; we were using technology to sow the seeds of empathy, transforming abstract health information into unforgettable first-hand experiences. This invaluable journey not only strengthened my own empathy and health awareness but also allowed me to truly understand the spirit of service: 'Not to be served, but to serve.' Each event was immensely rewarding, and I found a deep sense of fulfillment in knowing that we were instilling positive health values in the hearts of others.

Pang Wai Yu

St. Catharine's School for Girls (S5)
Medical Club (Chairlady)

Serving as the Chairperson of the Medical Club this year has been a transformative journey, deepening my conviction that service and learning are inseparable. We dedicated ourselves to championing healthy living within the school, but our mission truly came alive when we extended it to the wider community during Open Day. Driven by a desire to serve the next generation, we designed hands-on workshops for visiting primary school students, using models to demonstrate the principles of suturing and phlebotomy. Watching their initial nervousness transform into wide-eyed curiosity was incredibly rewarding. It was more than just knowledge transfer; it was an act of mentorship, igniting a passion for science in young minds while translating our textbook knowledge into tangible service. Furthermore, engaging in community outreach—such as visiting the hearing- and speech-impaired—redefined my understanding of healthcare. I realized that medical professionalism extends far beyond treating physical ailments; it requires a servant leader's heart. We must actively step into the community, bridging gaps with empathy and creative care to advocate for positive values. This tenure has solidified my belief that promoting wellness is an inherent duty. I am committed to continuing this path of service, taking concrete actions to influence the community and build a healthier, more supportive environment for all.

Wong Hiu Ying Cadence

St. Catharine's School for Girls (S5)
Medical Club (External vice-chairlady)

As a dedicated member of the School Medical Club, I have had the privilege of collaborating with my teammates to transform our passion for medicine into service for others. Our mission to promote health literacy spanned both in-school and community settings. Within the school, we focused on raising awareness and empathy among peers. We organized immersive AR simulations for eye diseases and hosted specialized seminars on radiotherapy and psychiatry, aiming to demystify complex conditions and foster a more compassionate campus culture. Beyond the school gates, I actively served the wider public during the School Open Day and the HKSKH Joint-School Exhibition. In these settings, and while hosting the delegation from the Chinese University of Hong Kong, my role shifted to that of a health advocate—translating professional medical knowledge into accessible concepts for the community. These experiences were far more than learning opportunities; they were acts of service that honed my soft skills in communication, teamwork, and coordination. I realized that true medical professionalism is rooted in the ability to connect with and serve people. This foundation has not only equipped me to organize more impactful medical service events in the future but has also deepened my commitment to the humanitarian spirit of the medical field.